

fresh deals

SEPTEMBER 16 - 22, 2026



local

5.99 /lb

Ferndale Market
Fresh Ground Turkey
Cannon Falls, MN



Our every day low price!

99¢ /lb.

Organic Bananas
Ecuador grown



1.49 /lb.

Organic Bartlett Pears
USA grown



2.99

Pur Pain
Take & Bake
Sourdough Baguette
10.6 oz



2 for \$5

La Colombe
Pumpkin Spice
Cold Brew Latte
9 oz



4.99 /lb

Organic
Chia Seeds
Bulk Bin



save \$9

Sprout Living
Epic Protein
Vanilla Lucuma
1 lb • Chicago, IL

**we made
you dinner!**
SEP 16-22

Green Curry Chicken

Sweet Potato Lasagna (vegetarian)

Chickpea Dumplings with Collard Greens
(wheat-free & vegan)

4-Cheese Mac & Cheese (vegetarian)

**COOP
MADE**



owners save more

SEPTEMBER 16 - 22, 2026



5.99 /lb

regularly 6.49/lb

Miller Poultry
All-Natural Boneless
Skinless Chicken Breast
Orland, IN



1.99 /lb.

regularly 2.99/lb.

Olden Organics
Organic Green Bell
Peppers
Locally grown in
Ripon, WI



3.99 /lb.

regularly 4.99/lb.

Olden Organics
Organic Red, Orange,
& Yellow Bell Peppers
Locally grown in
Ripon, WI



2.99

regularly 3.99

Kontos
Pocket-less Pita
White or Whole Wheat
14 oz



1.99

regularly 2.49

C'est Gourmet
Pumpkin Turnover
3.75 oz



8.49

regularly 8.99

Banzo Frozen Falafels
Roasted Beet or
Sweet Potato • 13.5 oz
Madison, WI

5 lb bags
also on sale!



1.99 /lb

regularly 2.69/lb

Organic
Long Grain Rice
Brown or White • Bulk Bin



OUTPOST CO-OP

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

*SALES GOOD WHILE SUPPLIES LAST

coop deals®

SEP 16 - SEP 29, 2026

organic and flavorful

Some mornings are hectic — a missed alarm or an early morning practice. Nature's Path Organic is a good option for ensuring your family has a breakfast that's both delicious and easy when time is limited. Find these organic and non-GMO cereals on sale at the co-op now!



3.99

Nature's Path Organic Cereal
9.5-14 oz.



4/\$6

Larabar Fruit & Nut Bars
1.6-1.7 oz.



2/\$6

Annie's Macaroni & Classic Cheddar
6 oz.



2/\$7

Hippeas Chickpea Snacks
3.75-5 oz.



2/\$7

Muir Glen Organic Pasta Sauces
23.5 oz.



3.99

Repurpose Plates
20 ct.

COOPERATIVELY OWNED



5.79

Organic Valley Protein Plus Milk
48 fl. oz.
LaFarge, WI



Check out these products that fly off our shelves!

Good values + Good value



local
pasture-perfect
cheese

COOPERATIVELY OWNED
All of our cheeses start with organic pasture-raised milk from our family farms. We then combine our premium ingredients with time-honored recipes for a taste that is irresistibly delicious, no matter how you slice it (or shred it).

4.99
Organic Valley
Shredded or
Sliced Cheese
6 oz.
LaFarge, WI

4.99
Organic Valley
Feta Crumbles
4 oz.
LaFarge, WI

11.99
Organic Valley
Mozzarella
Stringles
18 oz.
LaFarge, WI

simple ingredients and protein rich!



Rich, creamy and made with only milk and live active yogurt cultures. It's delicious and plain extraordinary.

3 / \$4
Fage
Greek Yogurts
5.3 oz.



5.49
Chobani
Coffee Creamer
24 fl. oz.



2.69
The Mountain Valley
Spring Water
33.8 fl. oz.
Also in 12 ct. cases
for \$32.28



COOPERATIVELY OWNED
5.99
Organic Valley
Grassmilk
59 fl. oz.
LaFarge, WI



5.99
Wildbrine
Kimchi
18 oz.

Start your day strong with these deals.

Some items may not be available at all stores or on the same days



5.79

Lifeway
Organic Kefir
32 fl. oz. • Morton Grove, IL



2/\$7
GoodBelly
Probiotic Drinks
32 fl. oz.



3.99
Tofurky
Plant-based Deli
Slices
5.5 oz.

INCLUSIVE TRADE PARTNER

Nuts for Cheese is a LGBTQIA+- and woman-owned company. Our cheese is crafted from 100% organic cashews, fermented and rich in probiotics with billions of CFUs per serving.

6.49

Nuts for Cheese
Organic Cashew
Cheese
4.23 oz.



5.79
Hodo
Organic Moroccan
Tofu Cubes
8 oz.



8.99
Smart Chicken
Boneless Skinless
Breast Fillet
per pound



6.39
Niman Ranch
Uncured Canadian
Bacon
7 oz.

classic treats, real ingredients

Two creamy classics, dark chocolate and pistachio, made with simple organic ingredients and real flavor. Served in a reusable glass jar worth savoring to the last spoonful.



4.39
Petit Pot
Organic French Dessert
2 pk.-4 oz



6.99
CokoJune
Organic Coconut Cultured
Yogurt
16 oz.

Good nutrition for great days.

Some items may not be available at all stores or on the same days



2/\$6

KeVita
Organic Probiotic Drinks
15.2 fl. oz.



2/\$6

KeVita
Organic Kombuchas
15.2 fl. oz.

feel alive inside

At **KeVita**, we believe when your gut's off, your whole world is off. We create vibrant, organic and non-GMO beverages with live probiotics that make wellness accessible, enjoyable and sustainable for all.



3/\$10

Pop & Bottle
Organic
Almond Lattes
11 fl. oz.



5.29

Food for Life
Organic Bread
16-24 oz.
Select varieties



sip the coconut

Made from organic young Nam Hom coconuts grown in Thailand. Enjoy pure coconut water or discover soft, tender coconut pulp for a refreshing sip with a little extra coconut.

4.99

Harmless Harvest
Organic Coconut Water
16 fl. oz.



3.69

Little Sesame
Hummus
8 oz.

Savor the deals from the co-op.

Some items may not be available at all stores or on the same days



2/\$6
Cascadian Farm
Organic Frozen
Vegetable Blends
10 oz.



4.99
Blake's
Pot Pie
8 oz.



4.99
So Delicious
Plant-based
Frozen Desserts
1 pt.



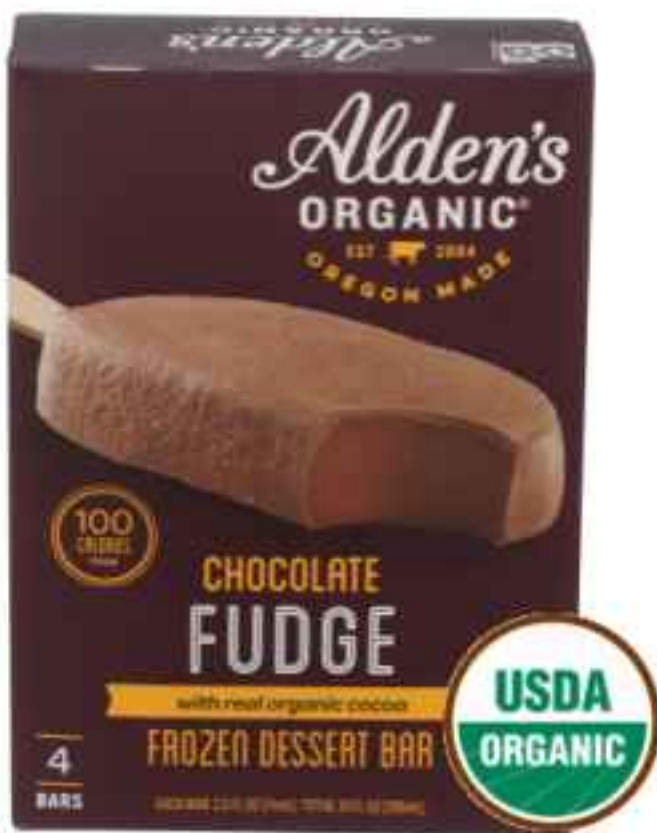
5.49
So Delicious
Frozen Novelties
4 pk.



4.69
Gardein
Plant-based
Protein
8.8-13.7 oz.



4.99
Alexia
Frozen Potatoes
15-19 oz.
Select varieties



5.49
Alden's Organic
Frozen Novelties
9-14 oz.
Select varieties



6.99
Feel Good Foods
Gluten-free
Appetizers
6-10 oz.



11.99
Wyman's
Frozen Blueberries
48 oz.



7.99
Cappello's
Grain-free Pizza
11-12 oz.



12.99
Wyman's
Triple Berry Blend
48 oz.



7.99
Gardein
Ultimate Chick'n
Tenders
15 oz.

Frozen favorites from the co-op.

Some items may not be available at all stores or on the same days



2/\$8

Celestial Seasonings
Herbal Teas
12-20 ct.



4.49

Vita Coco
Coconut Water
33.8 fl. oz.



3.49

Bob's Red Mill
Brownie or Cake Mixes
14 oz.



4/\$5

Bob's Red Mill
Oat Bars
1.76 oz.

COOPERATIVELY OWNED



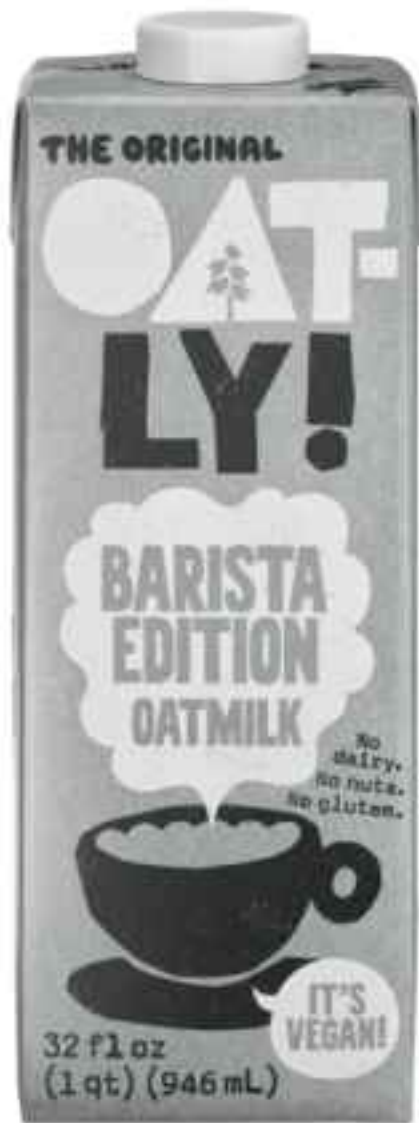
12.99

Equal Exchange
Organic Coffee
per pound in bulk



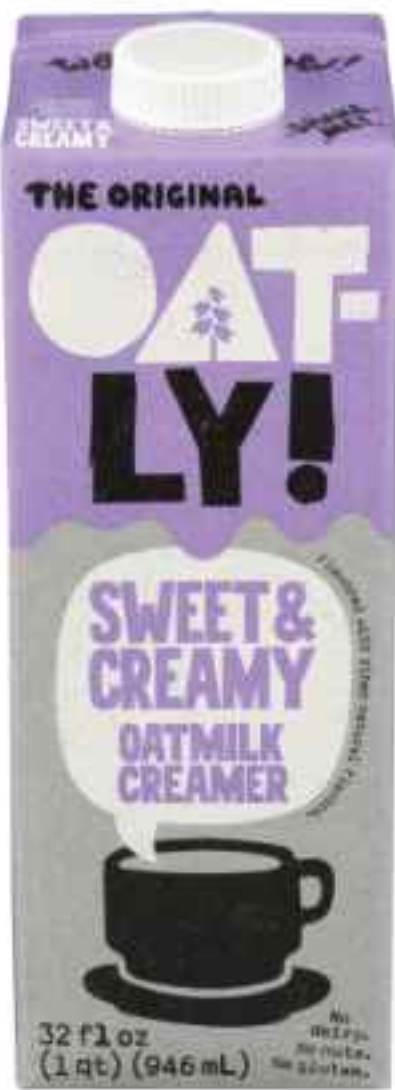
8.99

Lakewood
Organic Pure
Pomegranate Juice
32 oz.



3.99

Oatly
Barista Edition Oatmilk
32 fl. oz.



4.49

Oatly
Plant-based Creamer
32 fl. oz.



4.49

Oatly
Oatmilk
64 fl. oz.

your favorite
oatmilk sale!

Everyone knows **Oatly** makes great-tasting oatmilk products. But did you know Oatly is the world's first food and beverage company to be named a Climate Solutions Company? Yep. Sometimes you learn something from a Co+op Deals flyer. Shop the Oatly sale!

There's something for everyone at the co-op.

Some items may not be available at all stores or on the same days



2.49

Mori-Nu
Tofu
10.8-10.9 oz. • Select varieties



2.99
Native Forest
Organic
Coconut Milk
13.5 fl. oz.
Select varieties



3.99
Woodstock
Organic Olives
8.4-8.5 oz.



5.99
Mike's Organic
Curry Love
Cooking Pastes
4.23 oz.



3/\$9
Lundberg
Family Farms
Organic Ready-
to-Heat Rice
8 oz.



5.99
LaCroix
Sparkling Water
12 pk.-12 fl. oz.



7.49
Bob's Red Mill
Organic
Unbleached
White Flour
5 lbs.



2.69
Pacific Foods
Organic Cream Soup
10.4-10.5 oz.



5.79
Once Again
Organic Peanut Butter
16 oz.
No Salt Added Crunchy or
Creamy varieties



15.99
California Olive Ranch
Global Blend Extra Virgin
Olive Oil
25.4 fl. oz.

Stock your kitchen with deals from the co-op.

Some items may not be available at all stores or on the same days



2/\$4
Siete
Taco Seasoning
1.31 oz.



3.99
Siete
Salsa
10.5 oz.



3.99
Siete
Tortilla Chips
5 oz.



7.49
Siete
Tortillas
7 oz.

*thoughtfully
crafted*

From Almond Flour Tortillas to our Grain Free Sea Salt Tortilla Chips to salsas for every taste, **Siete** makes Mexican-American heritage-inspired foods that ensure everyone has a seat at the table.



6.99
Fentiman's
Soda or Rose
Lemonade
4pk.-9.3 oz.



5.39
Late July Snacks
Salsa
15.5 oz.



4.99
Better with
Buckwheat
Crispbreads
3.7-4 oz.



game on!

Crunch into fall with plenty of great deals at the co-op from The Good Crisp Company! Try all of our amazing snacks: Crisps, Cheese Balls and Crinkle Cut ... snacks the whole family can enjoy!

2/\$7
The Good Crisp
Potato Crisps
5.6 oz.



3.99
Late July Snacks
Organic Tortilla Chips
6-10.1 oz.

Go all out on these snack deals!

Some items may not be available at all stores or on the same days



2/\$5

Guru
Organic
Energy Drinks
12 fl. oz.



2/\$4

Gimme
Organic Seaweed
Snacks
.32-.35 oz.



2.29

Justin's
Organic Peanut
Butter or Almond
Butter Cups
1.4 oz.



2.99

The Ginger People
Ginger Candy
3 oz.
Select varieties



2/\$6

Good Health
Potato Chips
5 oz.

no seed oils



3.39

Angie's
Boomchickapop
Popcorn
5 oz.



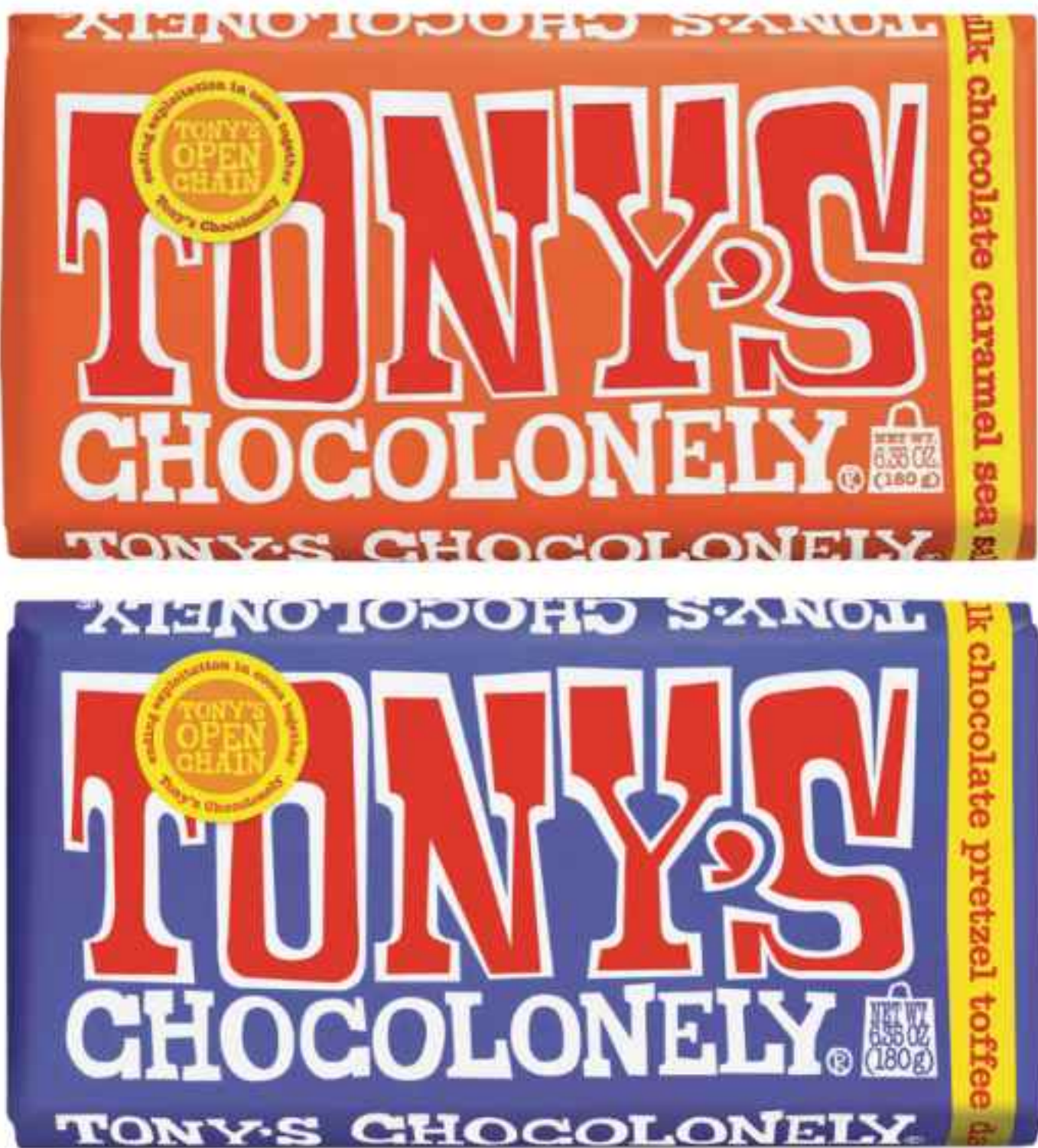
2/\$7

Chocolove
Chocolate Bars
2.9-3.2 oz.



2/\$7

Good Health
Veggie Chips
or Stix
6.25 oz.



unwrap the goods

Tony's Chokolony milk chocolate bars are made with premium, fair trade ingredients — on a mission to end exploitation in cocoa.

5.49

Tony's Chokolony
Chocolate Bar
6.35 oz.



4.99

Tate's Bake Shop
Cookies
7-8 oz.

Fall for these snacks from the co-op.

Some items may not be available at all stores or on the same days



5.99

Bragg
Organic Apple
Cider Vinegar
32 fl. oz.

add apple cider
vinegar

SCAN QR CODE FOR RECIPE

Check out this recipe for a berry
shrub. It's delicious, tart and includes
apple cider vinegar for a functional
wellness boost.



12.99

Nature's Way
Umcka Syrup
4 fl. oz.

upgrade your immune support
your future self will thank you



28.99

Amazing Grass
Greens Blend
Alkalize & Detox
7.4-8.5 oz.



11.99

Sovereign Silver
Bio-Active Hydrosol
2 oz.

INCLUSIVE TRADE PARTNER



inclusive
trade

35.99

Vital Planet
Vital Flora
30 ct.

Get ready for fall!



3.99

Tom's of Maine
Spearmint Floss
32 yds.



5.69

Tom's of Maine
Mouthwash
16 fl. oz.



5.99

Tom's of Maine
Toothpaste
4-4.5 oz.



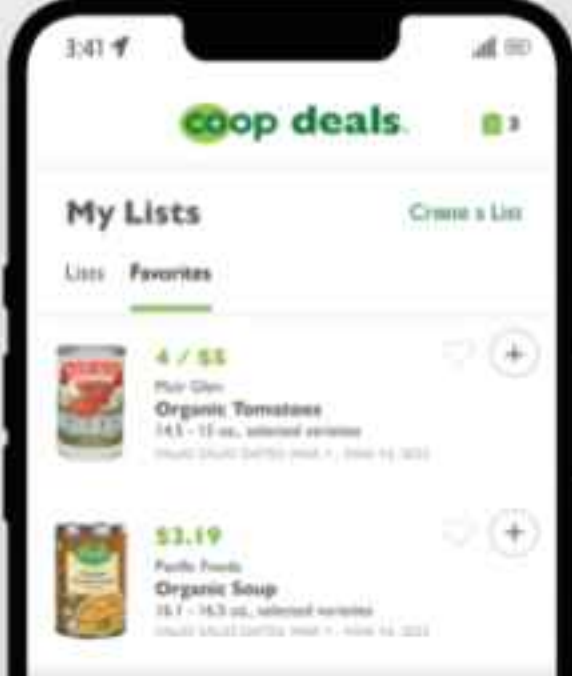
7.99

Tom's of Maine
Deodorant
3.25 oz.



nature can
work wonders

Tom's of Maine has natural body care products you can count on. Our toothpastes, mouthwashes, deodorants and floss contain no artificial flavors, fragrances or preservatives. Plus, we donate 10% of our annual profits to organizations protecting nature.

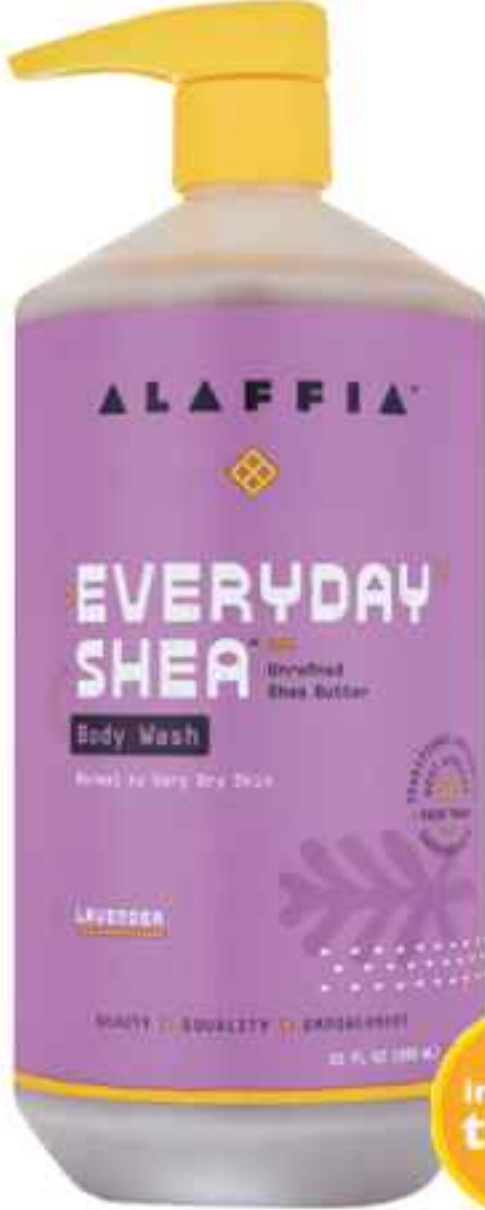


Never miss your **favorite deals.**
Download the Co+op Deals app!



INCLUSIVE TRADE PARTNER

Alaffia is a Black-owned company. Our projects enable Togolese communities to share their skills and knowledge with the rest of the world.



12.99

Alaffia
Everyday Shea
Body Wash
32 fl. oz.

inclusive trade

INCLUSIVE TRADE PARTNER



7.99

Inesscents
Plant Bath Salts
3.5 oz.

inclusive trade

INCLUSIVE TRADE PARTNER



9.99

Alaffia
Shea Butter
12 oz.

inclusive trade



7.99

Andalou Naturals
Body Lotion
8 fl. oz.



4.49

Zum
Bar Soap
3 oz.

Find your body care essentials at the co-op.

Some items may not be available at all stores or on the same days



THE BEST CARROT CAKE IN TOWN.



MILWAUKEE

100 E. Capitol Dr.
414-961-2597

WAUWATOSA

7000 W. State St.
414-778-2012

BAY VIEW

2826 S. Kinnickinnic
414-755-3202

MEQUON

7590 W. Mequon Rd.
262-242-0426

outpost.coop



2/\$6

Bionaturae
Organic Pastas
16 oz.



2/\$7

Bionaturae
Organic Tomatoes
24-28.2 oz.

*rooted in
tradition*

Quality begins at the source. With carefully selected tomatoes and artisan-crafted pasta, every product reflects a dedication to responsible sourcing, traditional methods and the authentic flavors of Italy.



Scan the QR code to learn more about the quality and values represented by these symbols.



Some items may not be available at all stores or on the same days.



MW0926B